

DECEMBER



Pick a **better snack**™



				
Dance	Banana	Park	Canned Fruit	Broccoli
				
Build	Jump	Walk	Kiwi	Play
		Family Ate Meal Together		
Cauliflower	Artichoke			
				
Banana	Walk	Broccoli	Cauliflower	Banana
				
Shoot hoops	Frozen Vegetables	Kiwi	Stretch	Salad Greens

**PLAY
YOUR
WAY.**

**ONE
HOUR
A DAY.**



www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



MOM TO MOM

Recently I've noticed how many more fruits and vegetables my two oldest children are willing to eat. My oldest has tried many fruits and veggies at preschool as part of the Pick a better snack™ program and he likes some that I'm not sure I've tried. It's rubbing off on all of us. My toddler can't get enough broccoli! I am happy to buy one new thing each week to encourage their adventurous eating and I know it will pay off as they grow up.

~Erin, Mom of three in Iowa

REAL QUESTIONS. EXPERT ANSWERS.

YOU BOUGHT FRESH SWEET POTATOES FOR THE FIRST TIME. HOW DO YOU PREPARE THEM IN A FEW MINUTES FOR A HUNGRY FAMILY?

FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.

**PLAY YOUR WAY.
ONE HOUR A DAY.**



Physical activity is important to get your children ready for future success. Physical activity is great for the brain, muscles, bones, the heart, and lungs. There are also lots of easy ways children can be active without equipment.

- Make an indoor bowling alley with homemade pins (made from empty cups or water bottles) and a small soft rubber ball.
- Try shooting hoops with toys when cleaning up (shoot toys into a toy box) or shoot socks into a laundry "basket".
- Crank up the music and boogie down. Music can brighten a day and bring out laughter. What better way to have a great day than by holding a dance night with your family! Turn on the radio or CD player to your favorite music. Let kids take turns using a flashlight as a strobe light for a disco night. Teach children a dance from the past or do something goofy like playing the Limbo.

CHILD'S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE